CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE FULL MOON

"Blow up the trumpet in the new moon, in the time appointed, on our solemn feast day." Psalm 81:3 KJV

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication a month: - month (-ly), new moon = a beginning of a new month)

FULL MOON HEALTH

10 SCIENCE-BACKED BENEFITS OF ACTIVATED CHARCOAL

From water filtration to skincare to digestive health, charcoal has been used for centuries to treat a variety of ailments and is now a common ingredient in many products.

1. Poisoning And Drug Overdose Treatment
Activated charcoal works by binding to certain toxins and chemicals, preventing them from being absorbed into the bloodstream.

2. Digestive Health
When activated charcoal is ingested, it travels through the digestive system and adsorbs excess gas, toxins, and eliminates them from the body.

3. Skincare
Activated charcoal works for skincare by adsorbing impurities, oil, and dirt from the skin.

4. Water Filtration
Most water filtration systems contain activated charcoal which helps adsorb impurities and contaminants in water.

5. Air Purification
Activated charcoal can be used to purify the air removing odours, pollutants, chemicals, allergens in the air.

6. Wound Healing
When activated charcoal is applied to a wound, it binds to bacteria, toxins, and other harmful substances, reducing the risk of infection and inflammation.

7. Improve Kidney Function
By reducing the amount of toxins in the blood, activated charcoal may help reduce the workload on the kidneys and improve their function.

8. Hangover Treatment
Hangovers are caused by toxins in the body, activated charcoal absorbs these and helps with feeling better.

9. Mold Cleaning
Activated charcoal can be an effective mould cleaner due to its ability to adsorb impurities and toxins, including mould spores.

10. Bug Bites
Activated charcoal can be used as a natural remedy to alleviate the symptoms of bug bites, bee stings, and even snake bites.

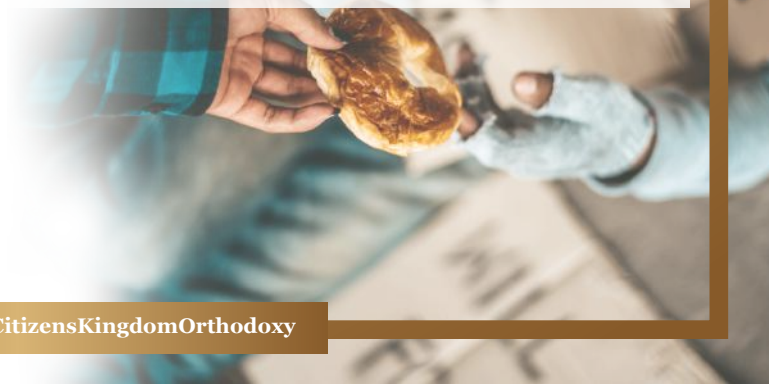
DO GOOD BY GIVING BACK

Helping others is a humbling yet very uplifting experience - It is a biblical assignment for good reason! Investing our time, ideas and energy into areas or communities that need support, inevitably changes our own perspective, hence our spirits.

SO, IF YOU WANT TO FEEL GOOD, DO GOOD!

HERE ARE SOME IDEAS:

1. 👚Collect clean 2nd hand clothing/blankets from friends and family and donate them to the homeless people in your area.
2. 🟦Take a plastic bag with you on your next walk and pick up litter as you go.
3. 🍲Cook a double portion when you next make soup or a stew so that there is extra to give to those in need.
4. ☕When buying your morning coffee or muffin on your way to work, buy two, and give the second one to a homeless person on the corner, the bus driver, a co-worker, or a stranger.
5. 🐶Consider donating to your local SPCA or sponsoring a pet with little chance of being adopted because of age or condition.



DEWORMING REMINDER:

DO NOT INSULT POOR PEOPLE TWICE

by Stephan Joubert

In one of the aid projects, in which Ekerk is involved, the manager of an orphanage once told my wife that people like to donate old clothes to them. They are so grateful when it is clean and still in good condition. Most people do it that way. However, now and then she has to throw away such clothes. Someone has already dropped off blankets there, on which domestic animals slept. **It was covered in their dogs' hair. Someone else dropped off used clothing, which included unwashed underwear.** In addition, he later called to ask **why he had not been thanked for his donation.** It is sad that the poor sometimes have to be insulted twice. They just have to take what they get, whether it's broken, dirty or unusable. Then on top of that, they have to say thank you too.

In Luke 14, Yeshua explains to us what the right route is when we give away. This happens when He tells His host at a dinner party that if he has another feast, then he should not invite his own friends, brothers, relatives and rich people. The host should then rather have a feast for four other groups, namely the **poor, crippled, paralysed and blind**. These people can never invite him back. But the Heavenly Father will see it and He will remember it forever. Please do what Yeshua asks here - **do good to the poor. Bless them with good clothes, good food and with unexpected joys.** Then you live up to Yeshua's words that Paul quotes in Acts 20:35. I speak of His words that it is better to give than to receive.

DO YOU KNOW?

Our hair is an extension of ourselves. When we cut the actual strands of the hair, even the tiniest trim, we can feel an energetic shift.

Trim therefore during a FULL MOON.

The full moon—when the moon is most visible and on the precipice of waning—is like the peak before the descent, a time symbolically affiliated with release. When we cut our hair, we are 'releasing' a part of ourselves [that] we no longer want to carry. Letting go of that which doesn't serve you at the full moon is ripe with symbolism for trimming away the dead, dull, split ends of your hair at this time.

Start Walking Barefoot

Earthing, also called grounding, stems from the idea that in modern city life we no longer have direct physical contact with the Earth, and therefore are losing out on purported health benefits of exchanging electrons with the surface of our planet.